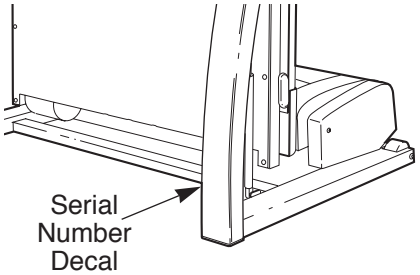
PRO-FORM 985 CD

Model No. 831.298300
Serial No. _____

Find the serial number in the location shown below. Write the serial number in the space above for reference.

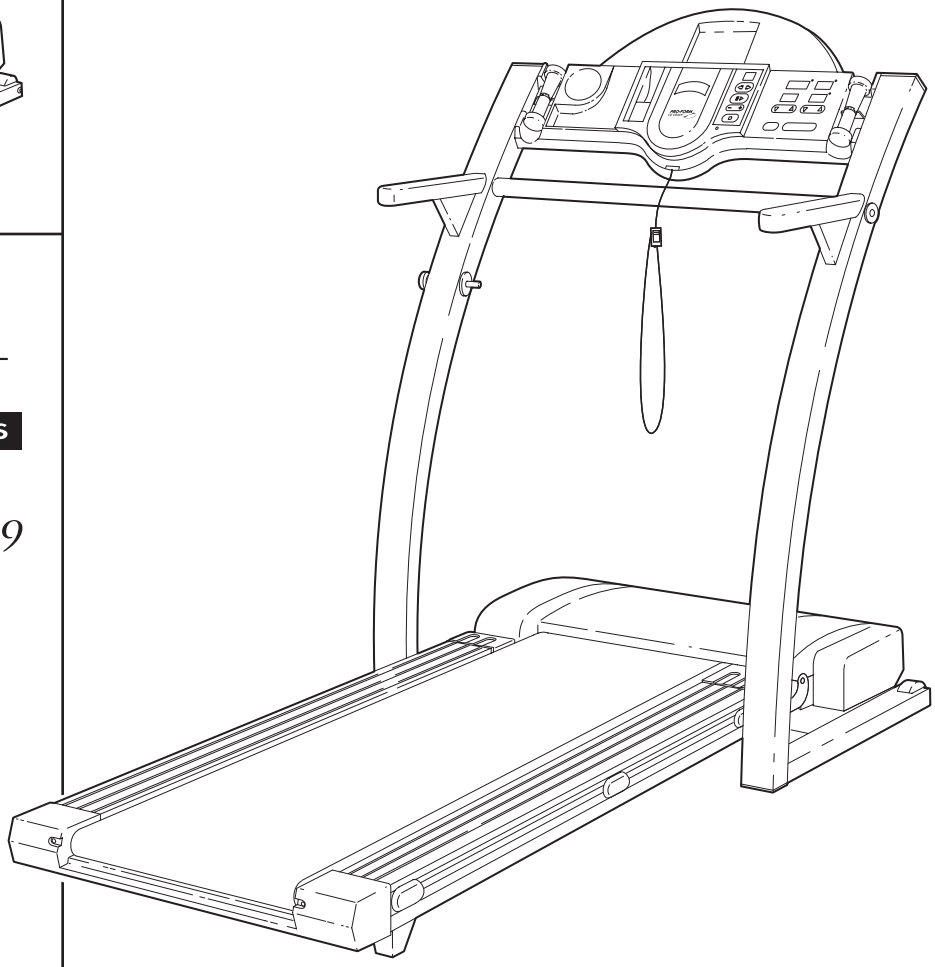


EXERCISE EQUIPMENT

QUESTIONS

HELPLINE!

1-800-736-6879



⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL

SEARS, ROEBUCK AND CO., HOFFMAN ESTATES, IL 60179

PRO-FORM 985 CD

TABLE OF CONTENTS

IMPORTANT PRECAUTIONS 3
BEFORE YOU BEGIN 5
ASSEMBLY 6
OPERATION AND ADJUSTMENT 7
HOW TO FOLD AND MOVE THE TREADMILL 13
MAINTENANCE AND TROUBLE-SHOOTING 14
CONDITIONING GUIDELINES 16
PART LIST 18
ORDERING REPLACEMENT PARTS . . . . . Back Cover
FULL 90-DAY WARRANTY . . . . . Back Cover

Note: An EXPLODED DRAWING is attached in the center of this manual.

IMPORTANT PRECAUTIONS

⚠ DANGER: To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill.

1. **It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.**

2. **Use the treadmill only as described in this manual.**

3. **Place the treadmill on a level surface, with at least eight feet of clearance behind it. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.**

4. **Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.**

5. **Do not operate the treadmill where aerosol products are used or where oxygen is being administered.**

6. **Keep children under the age of 12 and pets away from the treadmill at all times.**

7. **The treadmill should not be used by persons weighing more than 250 pounds.**

8. **Never allow more than one person on the treadmill at a time.**

9. **Wear appropriate exercise clothing when using the treadmill. Do not wear loose clothing that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.**

10. **When connecting the power cord (see page 7), plug the power cord into a surge suppressor (not included) and plug the surge suppressor into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit. Do not use an extension cord.**

11. **Use only a single-outlet surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must be electrically rated for 120 volts AC and 15 amps.**

12. **Keep the power cord and the surge suppressor away from heated surfaces.**

13. **Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See BEFORE YOU BEGIN on page 5 if the treadmill is not working properly.)**

14. **Never start the treadmill while you are standing on the walking belt.**

15. **Always hold the handrails while running on the treadmill. When walking, hold the handrails or use the included hand weights.**

16. **CD workout programs make optional use of the included hand weights. Using weights and not holding the handrails may compromise your ability to maintain your balance. Exercises using weights should be attempted only by experienced users.**

17. **The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.**

18. **During CD workout programs, an electronic "chirping" sound will alert you when the speed and/or incline of the treadmill is about to change. Always listen for the "chirp" and be prepared for speed and/or incline changes. In some instances, the speed and/or incline will change before the personal trainer describes the change.**

19. **During a CD workout program, you can manually override the speed and incline settings at any time by pressing the speed and incline buttons. However, when the next "chirp" is heard, the speed and/or incline will change back to the programmed settings.**

20. Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord and move the on/off switch to the off position when the treadmill is not in use. (See the drawing on page 5 for the location of the on/off switch.)

21. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6, and HOW TO MOVE THE TREADMILL on page 13.) You must be able to safely lift 45 pounds (20 kg) in order to raise, lower, or move the treadmill.

22. Do not change the incline of the treadmill by placing objects under the treadmill.

23. When folding or moving the treadmill, make sure that the storage latch is fully closed.

24. Inspect and tighten all parts of the treadmill regularly.

25. Never drop or insert any object into any opening.

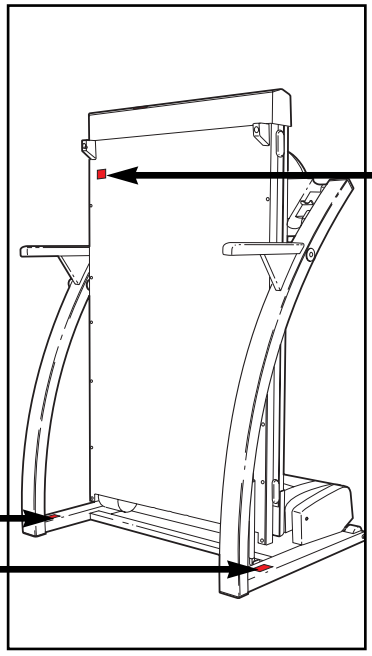
26. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

27. This treadmill is intended for in-home use only. Do not use this treadmill in any commercial, rental, or institutional setting.

⚠WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. SEARS assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

SAVE THESE INSTRUCTIONS

The decals shown at the right and below have been placed on your treadmill. If one of the decals is missing, or if it is not legible, please call our toll-free HELPLINE to order a free replacement decal (see the back cover of this manual). Apply the decal in the location shown.



⚠WARNING

- Never allow children on or around treadmill.
- Storage latch must be fully engaged before treadmill is moved or stored.
- Incline must be set at lowest level before folding treadmill into storage position.

⚠CAUTION

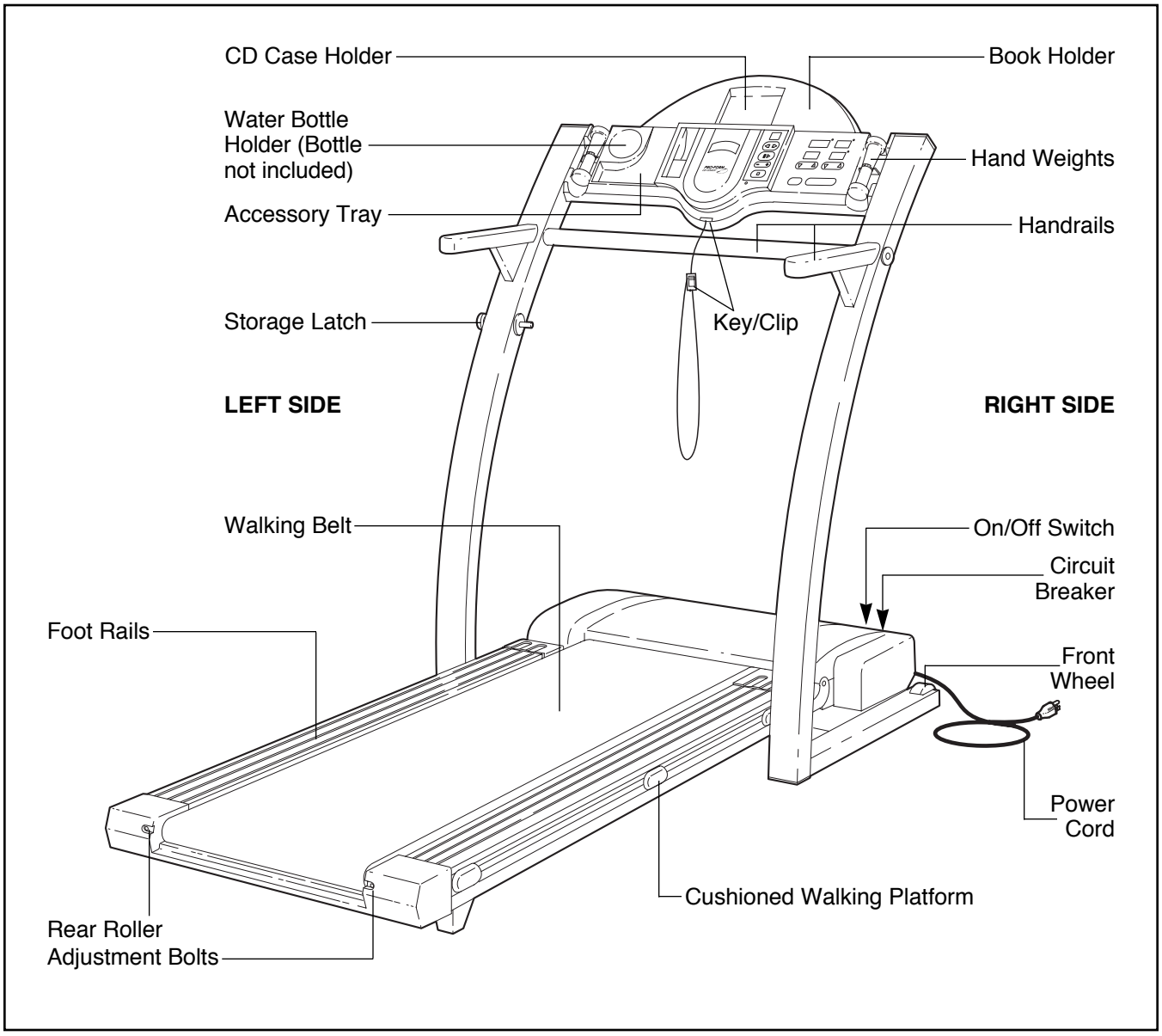
KEEP HANDS AND FEET AWAY FROM THIS AREA WHILE THE TREADMILL IS IN OPERATION.

BEFORE YOU BEGIN

Congratulations for selecting the innovative PROFORM® 985 CD treadmill. The 985 CD treadmill features revolutionary CD COACH technology and an impressive array of other features to help you get the most from every workout. And when you're not exercising, the unique 985 CD treadmill can be folded up, requiring less than half the floor space of other treadmills.

For your benefit, read this manual carefully before using the treadmill. If you have additional questions, please call our toll-free HELPLINE at 1-800-736-6879, Monday through Saturday, 7 a.m. until 7 p.m. Central Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number of the treadmill is 831.298300. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

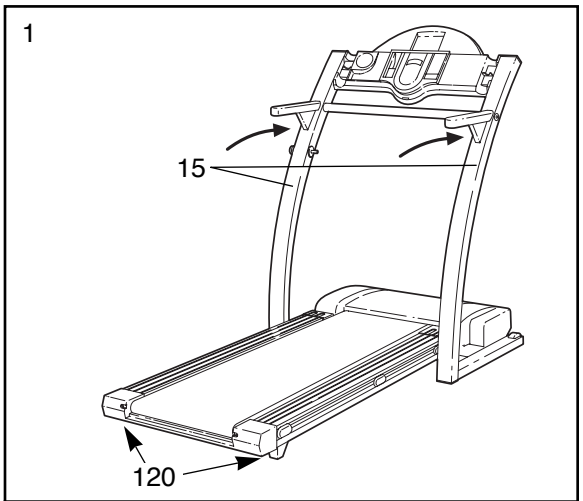


ASSEMBLY

Assembly requires two people. Set the treadmill in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. A phillips screwdriver (not included) may be needed for assembly.

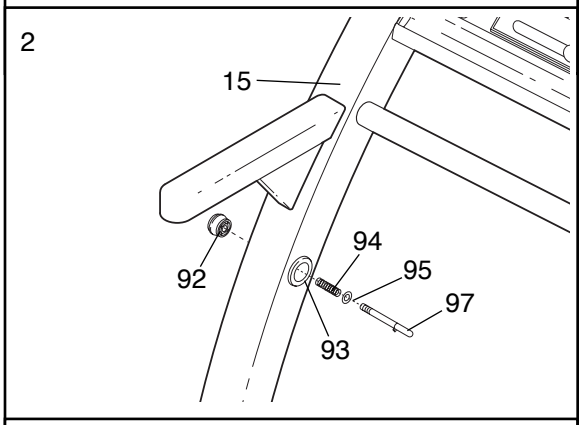
Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This is a normal condition and does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

1. With the help of a second person, carefully raise the Uprights (15) until the treadmill is in the position shown.



2. Make sure that the Lock Knob Sleeve (93) is fully inserted into the left Upright (15).

   Remove the Lock Knob (92) from the Lock Pin (97). Make sure that the Lock Pin Collar (95) and the Spring (94) are on the Lock Pin. Insert the Lock Pin into the left Upright (15) and tighten the Lock Knob onto it.

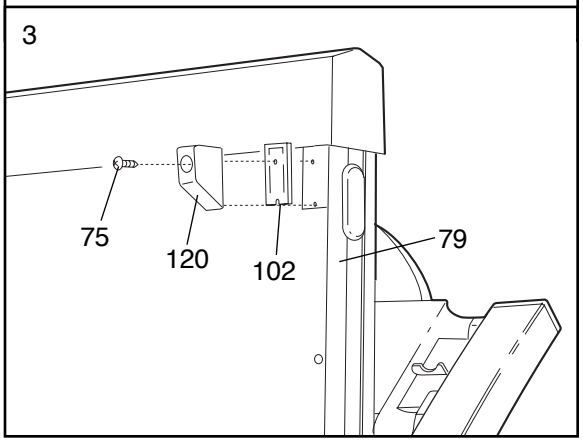


3. Observe the two Rear Feet (120) at the rear of the treadmill (see figure 1 above). If there is a space between one of the Feet and the floor, the included spacer will need to be attached.

   Hold the treadmill firmly with both hands, and raise the treadmill to the storage position as described on page 13.

   Using a phillips screwdriver, remove the Screw (75) and the Rear Foot (120) from the side that was raised off the floor. Snap the provided Rear Foot Spacer (102) onto the Rear Foot. Reattach the Rear Foot to the treadmill Frame (79).

   Hold the treadmill firmly with both hands, and lower the treadmill as described on page 13.



4. **Make sure that all parts are tightened before you use the treadmill. Place a mat under the treadmill to protect the floor or carpet.** Note: Keep the included allen wrench in a secure location. The allen wrench is used to adjust the walking belt (see page 15).

OPERATION AND ADJUSTMENT

THE PERFORMANT LUBE™ WALKING BELT

Your treadmill features a walking belt coated with PERFORMANT LUBE™, a high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances will deteriorate the walking belt and cause excessive wear.**

HOW TO PLUG IN THE POWER CORD

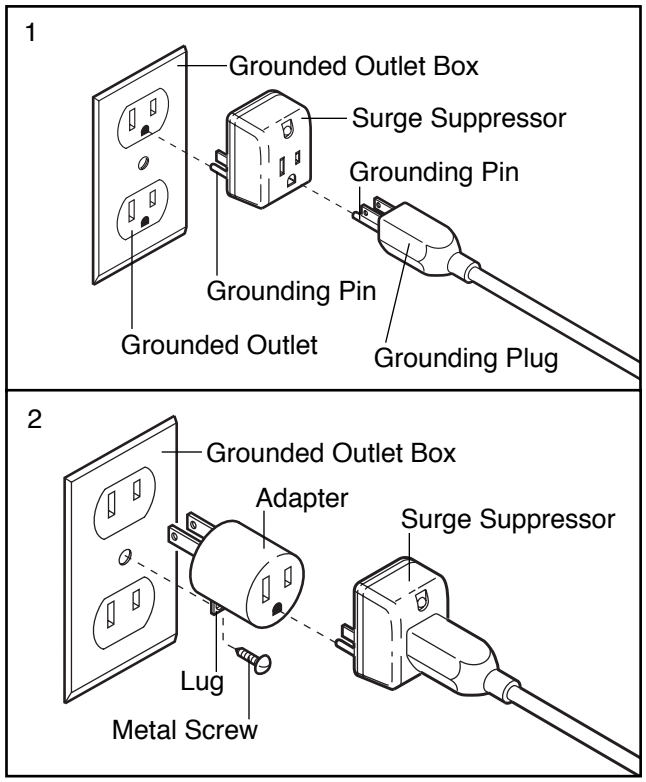
⚠ DANGER: Improper connection of the equipment-grounding conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility of your treadmill being damaged, always use a surge suppressor with your treadmill (see drawing 1 at the right).**

Surge suppressors are sold at most hardware stores and department stores. Use only a single-outlet surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must be electrically rated for 120 volts AC and 15 amps.

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.**

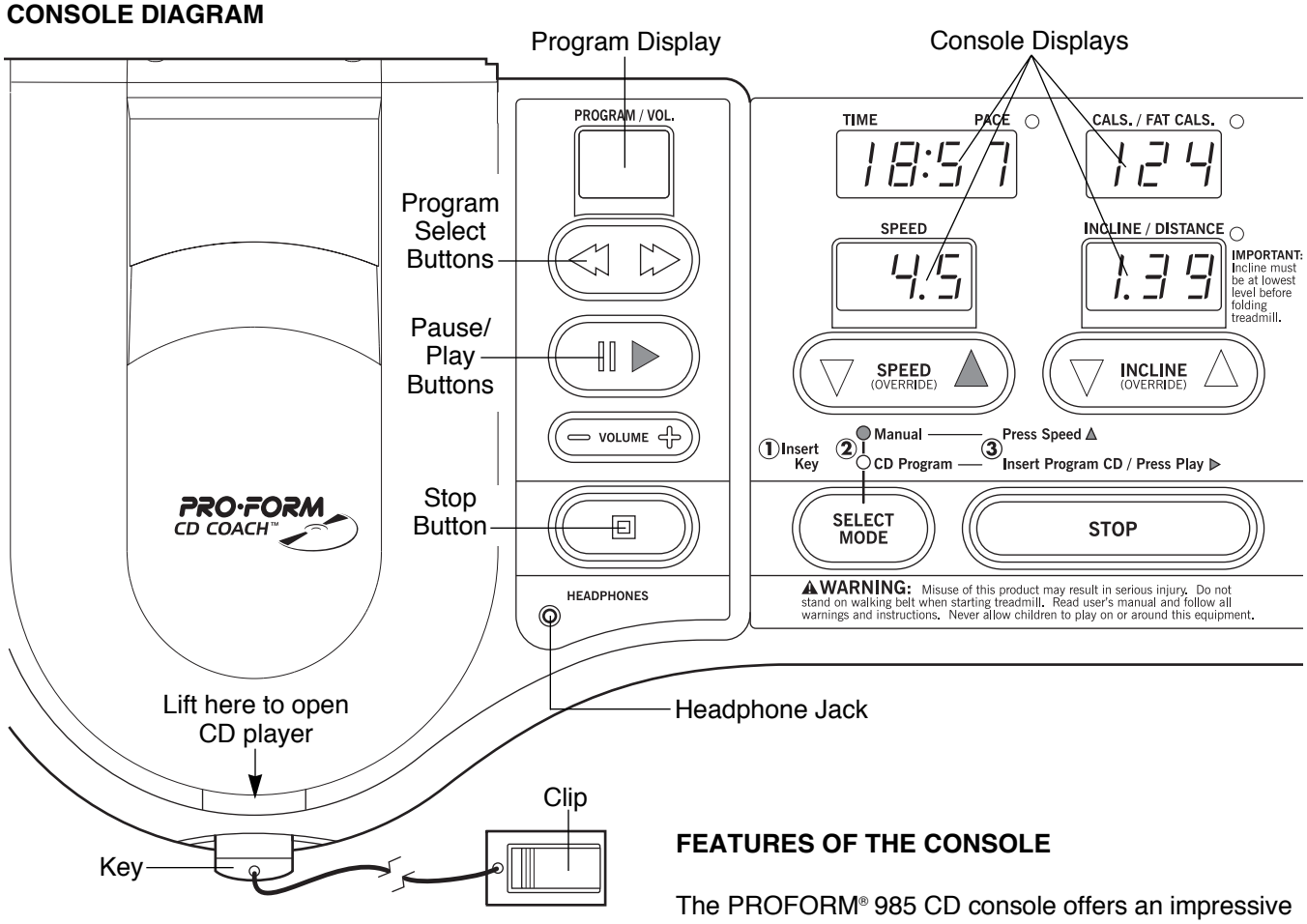
This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge suppressor to a 2-pole receptacle as shown in drawing 2 if a properly grounded outlet is not available.



The temporary adapter should be used only until a properly grounded outlet (drawing 1) can be installed by a qualified electrician.

The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used it must be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**

CONSOLE DIAGRAM



⚠ CAUTION: Before operating the console, read the following precautions.

- **Do not stand on the walking belt when turning on the power.**
- **Always wear the clip (see the drawing above) while operating the treadmill.**
- **Adjust the speed in small increments in order to avoid sudden jumps in speed.**
- **To reduce the possibility of electric shock, keep the console dry. Avoid spilling liquids on the console and place only a sealed water bottle in the water bottle holder.**
- **Use only the included headphones with the console. Do not plug in or unplug the headphones while the key is in the console.**
- **Before using the CD program mode, read the instructions included with the CD as well as the instructions on pages 10 and 11 of this manual.**

FEATURES OF THE CONSOLE

The PROFORM® 985 CD console offers an impressive array of features to help you get the most from your workouts. When the manual mode of the console is selected, the speed and incline of the treadmill can be changed with a touch of a button. As you exercise, four displays will provide continuous exercise feedback.

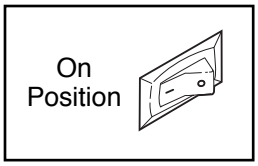
The console also features revolutionary PROFORM® CD COACH technology. This breakthrough technology allows the console to play specially-designed CD's that interactively adjust the speed and incline of the treadmill while a personal trainer coaches you through every step of your workout. The CD's include high-energy music for added motivation. And with the included hand weights, you can add upper-body exercise to your workouts.

The included CD's feature two different 30-minute workout programs—one program that targets fat-burning and one program that focuses on interval training for aerobic conditioning. Each program was specially designed by our AFA™ certified personal trainer. A selection of other CD's is also available. Refer to the card accompanying this treadmill to purchase additional CD's.

Note: The console can display speed and distance in miles or kilometers (see HOW TO SELECT MILES OR KILOMETERS on page 12). For simplicity, all instructions in this manual refer to miles.

HOW TO USE THE MANUAL MODE

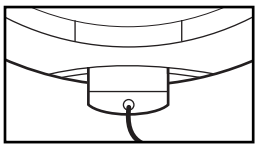
Before using the console, make sure that the power cord is properly plugged in. (See HOW TO PLUG IN THE POWER CORD on page 7.) In addition, make sure that the on/off switch, located near the power cord, is in the on position.



When you are ready to begin exercising, step onto the foot rails of the treadmill. Find the clip attached to the key and slide the clip onto the waistband of your clothing.

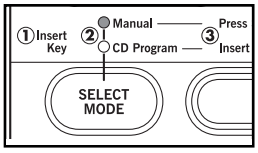
Follow the steps below to operate the console.

1 Insert the key into the console.



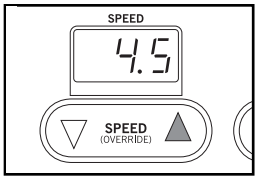
A moment after the key is inserted, the four displays and the manual indicator will light. In addition, a number will appear in the CD display for five seconds. This number indicates the current volume setting of the CD player.

2 Select the manual mode.



When the key is inserted, the manual mode will automatically be selected. If you have selected the CD program mode, press the SELECT MODE button to select the manual mode.

3 Press the SPEED △ button to start the walking belt.

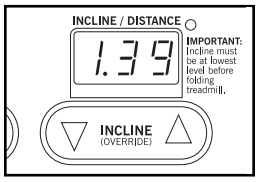


A moment after the button is pressed, the walking belt will begin to move at 1.0 mph. Hold the handrails and begin walking.

As you exercise, change the speed of the walking belt as desired by pressing the SPEED buttons. Each time one of the buttons is pressed, the speed will change by 0.1 mph. If the buttons are held down, the speed will change in increments of 0.5 mph. The speed range is 0.5 mph to 10.0 mph.

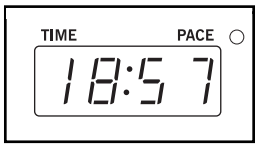
To stop the walking belt, press the STOP button. The four displays will pause and the TIME/PACE display will begin to flash. To restart the walking belt, press the SPEED △ button. To stop the walking belt and reset the displays, press the STOP button, remove the key, and then reinsert the key.

4 Adjust the incline as desired.

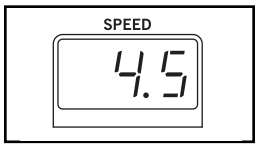


To vary the intensity of your exercise, change the incline of the treadmill as desired by pressing the INCLINE buttons. Each time one of the buttons is pressed, the incline will change by 0.5%. The incline range is 1.5% to 10%. Note: When one of the INCLINE buttons is pressed, the INCLINE/DISTANCE display will show the incline setting for seven seconds. After the buttons are pressed, it may take a moment for the treadmill to reach the selected incline setting.

5 Follow your progress with the four displays.



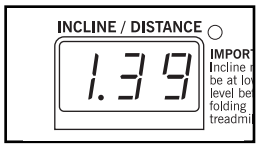
TIME/PACE display—This display shows the elapsed time and your current pace (pace is measured in minutes per mile). Every seven seconds, the display will change from one number to the other. The PACE indicator will light when your pace is shown.



SPEED display—This display shows the speed of the walking belt, in miles per hour or kilometers per hour. (See HOW TO SELECT MILES OR KILOMETERS on page 12.)

CALORIES/FAT CALORIES display—This display shows the numbers of calories and fat calories you have burned (see FAT BURNING on page 16 for an explanation of fat calories). Every seven seconds, the display will change from one number to the other. The FAT CALS indicator will light when the number of fat calories is shown.

INCLINE/DISTANCE display—This display shows the distance that the walking belt has moved and the incline level of the treadmill. Every seven seconds, the display will change from one number to the other. The DISTANCE indicator will light when the distance is shown.



6 When you are finished exercising, stop the walking belt and remove the key.

Step onto the foot rails and press the STOP button. Next, change the incline of the treadmill to 1.5%. **The incline must be at 1.5% when the treadmill is folded to the storage position or the treadmill will be damaged.**

Remove the key from the console and put it in a secure place. In addition, move the on/off switch to the off position and unplug the power cord.

HOW TO USE THE CD PROGRAM MODE

When you use a CD workout program, a certified personal trainer will guide you through your workout as the CD interactively controls the speed and incline of the treadmill. The included "Rhythm Mix" CD's contain two workout programs:

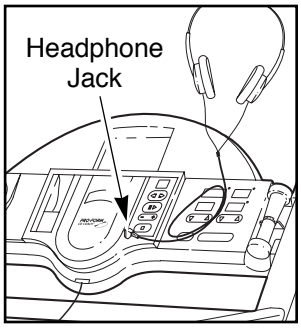
- **Fat Burning (Level 1)**—This 30-minute workout reaches a maximum speed of 4.2 mph and has an average speed of 3.4 mph. The maximum incline level is 9% and the average incline level is 3%. Note: All programs are designated level 1 or level 2; level 2 programs provide more intense workouts.

- **Interval Training (Level 2)—**This 30-minute workout reaches a maximum speed of 6.0 mph and has an average speed of 3.9 mph. The maximum incline level is 8% and the average incline level is 3.5%.

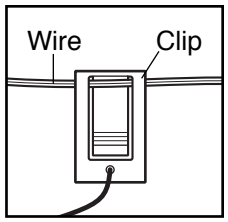
Follow the steps below to use a CD workout program.

1 Put on the headphones.

Plug the included headphones **fully** into the jack on the console. Next, put on the headphones. **CAUTION: Use only the included headphones with the console. Do not plug in or unplug the headphones while the key is in the console. If the headphones become unplugged during exercise, stop the treadmill and remove the key before plugging the headphones back in.**



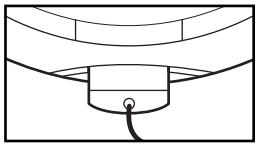
To keep the headphone wire out of the way, slide the wire into the clip, as shown in the inset drawing.



Note: If you have purchased optional stereo speakers, you may disregard this step and go to step 2. To purchase speakers, refer to the card accompanying this treadmill.

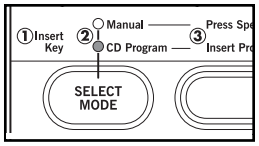
2 Insert the key into the console.

A moment after the key is inserted, the four displays and the manual indicator will light. In addition, the current volume setting of the CD player will appear for five seconds in the CD display.



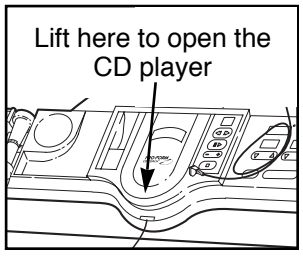
3 Select the CD program mode.

When the key is inserted, the manual mode will be selected. Press the SELECT MODE button to select the CD program mode. Note: The incline of the treadmill will automatically change to 1.5% when this mode is selected.



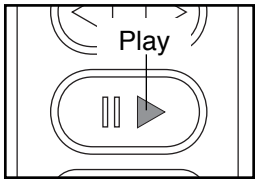
4 Insert Disc 1 into the CD player.

Lift the lid of the CD player in the indicated location. Carefully insert Disc 1 into the CD player and close the lid. Note: Lifting the lid during a CD workout program will stop the CD player and the walking belt.

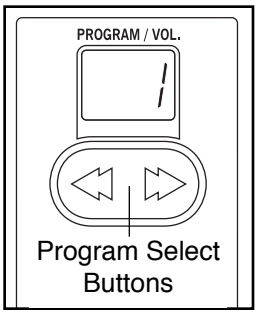


5 Press the play button.

A moment after the play button is pressed, your personal trainer will begin guiding you through your workout. Simply follow the instructions.



When Disc 1 begins playing, a "1" will appear in the CD display. During track 1 of Disc 1, your personal trainer will demonstrate CD COACH technology. **CAUTION: Be sure to listen to track 1 on Disc 1 before using the two workout programs.**

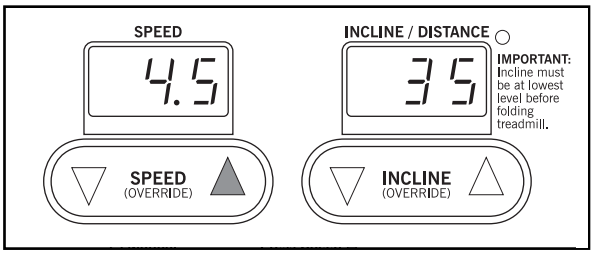


Track 2 on Disc 1 is the Fat Burning program. Track 2 will begin after track 1, and can also be selected with the program select buttons. After a button is pressed, an indicator will move around the CD display for a few seconds and then the number "2" will appear. **CAUTION: To scan forward or backward during a program, stand on the foot rails and hold down the program select buttons.**

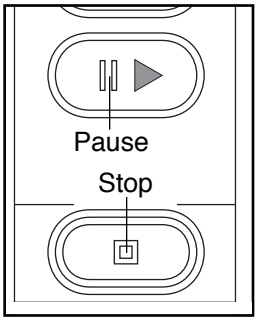
Track 1 on Disc 2 is the Interval program. To use this program, insert Disc 2 into the CD player.

During each program, an electronic "chirping" sound will alert you when the speed and/or incline of the treadmill is about to change. **CAUTION: Always listen for the "chirp" and be prepared for speed and/or incline changes. In some instances, the speed and/or incline will change before the personal trainer describes the change.**

If the speed and incline settings are too high or too low, you can manually override the settings at any time by pressing the SPEED and INCLINE buttons. **However, when the next "chirp" is heard, the speed and incline will change back to the programmed settings.**

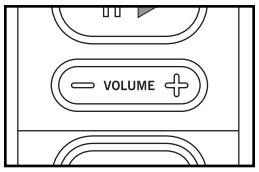


To pause the program, press the pause button. The four displays will pause, the TIME/PACE display will begin to flash, and the letters "PA" will appear in the CD display. To restart the program, press the play button. When the next chirp is heard, the walking belt will begin to move. To stop the program before it is completed, press the STOP button.



6 Adjust the volume if desired.

To adjust the volume, press the VOLUME buttons. The current volume setting will appear in the CD display. There are ten volume settings.



7 Follow your progress with the four displays.

See step 5 on page 9.

8 When the program is completed, remove the key.

Make sure that the incline of the treadmill is at 1.5%. **The incline must be at 1.5% when the treadmill is folded to the storage position or the treadmill will be damaged.**

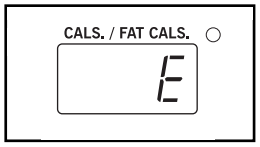
Remove the key from the console and put it in a secure place. In addition, move the on/off switch to the off position and unplug the power cord.

HOW TO PLAY YOUR OWN MUSIC CD'S

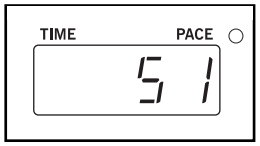
If desired, you can play your own music CD's in the CD player. To play music CD's, select the manual mode (see HOW TO USE THE MANUAL MODE on page 9). Note: **Do not play CD's longer than 55 minutes.** While music CD's are playing, the number of the current track will not be shown in the CD display; an indicator will move repeatedly around the CD display.

HOW TO SELECT MILES OR KILOMETERS

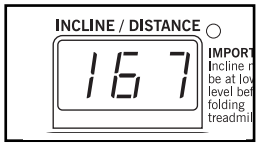
The console can display speed and distance in miles or kilometers. To check the unit of measurement, hold down the STOP button while inserting the key into the console. The CALORIES/FAT CALORIES display will show an “E,” for English miles, or an “M,” for Metric kilometers. To change the unit of measurement, press the SPEED △ button.



While the unit of measurement is displayed, the TIME/PACE display will show the total number of hours that the treadmill has been used.



In addition, the INCLINE/DISTANCE display will show the total number of miles that the walking belt has moved.



When you are finished viewing the unit of measurement, total time, and total distance, remove the key from the console.

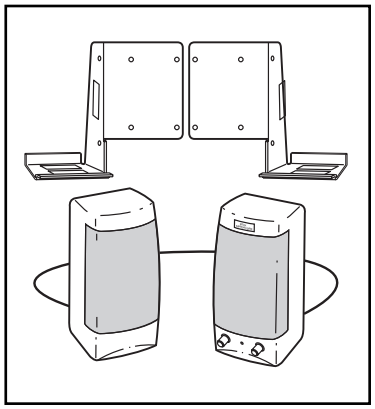
HOW TO PURCHASE ADDITIONAL CD’S

A variety of exciting CD's is available for purchase. Each CD set includes two new 30-minute workout programs.

To purchase additional CD’s, refer to the card accompanying this treadmill.

HOW TO PURCHASE STEREO SPEAKERS

If you want to use CD workout programs or listen to music CD’s without headphones, your treadmill can be upgraded with optional stereo speakers.



The stereo speakers mount directly to your treadmill and connect easily to the integral CD player.

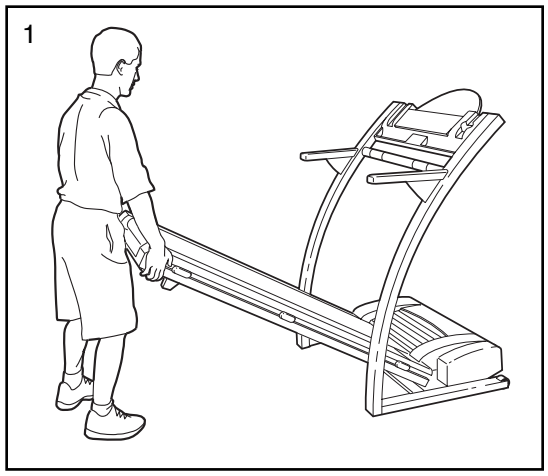
To purchase the stereo speaker kit, refer to the card accompanying this treadmill.

HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE

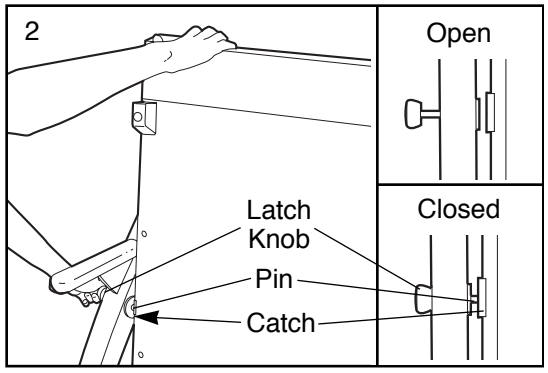
Before folding the treadmill, adjust the incline to the lowest position. If this is not done, the treadmill may be permanently damaged. Next, unplug the power cord. CAUTION: You must be able to safely lift 45 pounds (20 kg) in order to raise, lower, or move the treadmill.

1. Hold the treadmill with your hands in the locations shown at the right. **CAUTION: To decrease the possibility of injury, bend your legs and keep your back straight. As you raise the treadmill, make sure to lift with your legs rather than your back.** Raise the treadmill about halfway to the vertical position.



2. Move your right hand to the position shown and hold the treadmill firmly. Using your left hand, pull the latch knob to the left and hold it. Raise the treadmill until the latch pin is aligned with the hole in the catch. Insert the latch pin into the catch. **Make sure that the latch pin is fully inserted into the catch.**

   To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° Fahrenheit.



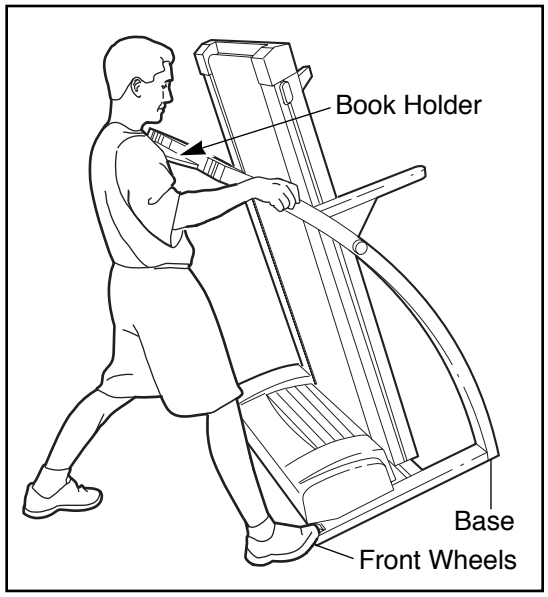
HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the latch pin is fully inserted into the catch.**

1. Hold the treadmill as shown and place one foot against a wheel. **Do not hold or push on the book holder or the book holder may be damaged.**

2. Tilt the treadmill back until it rolls freely on the front wheels. Carefully move the treadmill to the desired location. **Never move the treadmill without tipping it back. To reduce the risk of injury, use extreme caution while moving the treadmill. Do not attempt to move the treadmill over an uneven surface.**

3. Place one foot on the base, and carefully lower the treadmill until it is resting in the storage position.



HOW TO LOWER THE TREADMILL FOR USE

1. Refer to drawing 2 above. Hold the treadmill with your right hand as shown. Using your left hand, pull the latch knob to the left and hold it. Pivot the treadmill down until the frame is past the pin. Slowly release the latch knob.

2. Refer to drawing 1. Hold the treadmill firmly with both hands, and lower the treadmill to the floor. **CAUTION: To decrease the possibility of injury, bend your legs and keep your back straight.**

MAINTENANCE AND TROUBLE-SHOOTING

Most treadmill problems can be solved by following the simple steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, call our toll-free HELPLINE at 1-800-736-6879, Monday through Saturday, 7 a.m. until 7 p.m. Central Time (excluding holidays).

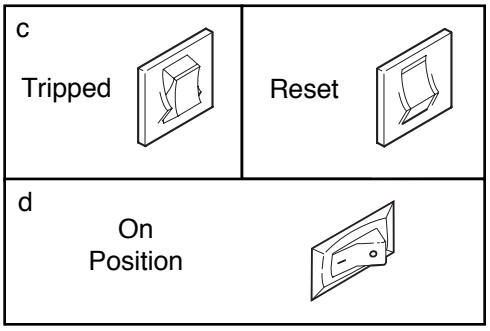
1. SYMPTOM: THE POWER DOES NOT TURN ON

a. Make sure that the power cord is plugged into a surge suppressor, and that the surge suppressor is plugged into a properly grounded outlet (see page 7). Use only a single-outlet surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must be electrically rated for 120 volts AC and 15 amps.

b. After the power cord has been plugged in, make sure that the key is inserted into the console as far as it will go. See step 1 on page 9.

c. Check the circuit breaker located on the treadmill near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.

d. Check the on/off switch located on the treadmill near the power cord. The switch must be in the on position.



2. SYMPTOM: THE POWER TURNS OFF DURING USE

a. Check the circuit breaker located on the treadmill frame near the power cord (see 1. c. above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

b. Make sure that the power cord is plugged in.

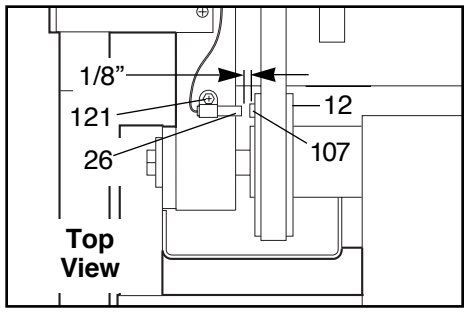
c. Remove the key from the console. Reinsert the key fully into the console. See step 1 on page 9.

d. Make sure that the on/off switch is in the on position.

e. If the treadmill still will not run, please call our toll-free HELPLINE.

3. SYMPTOM: THE DISPLAYS OF THE CONSOLE DO NOT FUNCTION PROPERLY

a. Remove the key from the console and **UNPLUG THE POWER CORD.** Remove the screws from the hood. Carefully remove the hood. Locate the Reed Switch (26) and the Magnet (107) on the left side of the Pulley (12). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8".** If necessary, loosen the Reed Switch Screw (121) and move the Reed Switch slightly. Retighten the Screw. Re-attach the hood, and run the treadmill for a few minutes to check for a correct speed reading.



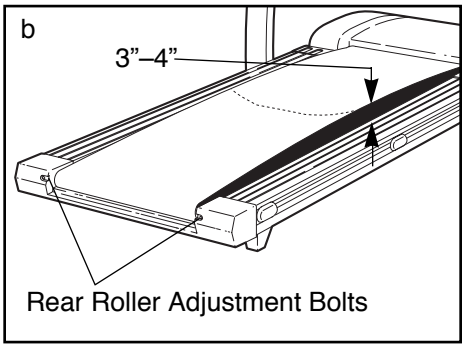
4. SYMPTOM: SOUND IS HEARD IN ONLY ONE SIDE OF THE HEADPHONES

a. Make sure that the headphones are fully inserted into the headphone jack on the console.

5. SYMPTOM: The walking belt slows when walked on

a. Use only a UL-listed surge protector, rated at 15 amps, with a 14-gauge cord of five feet or less in length.

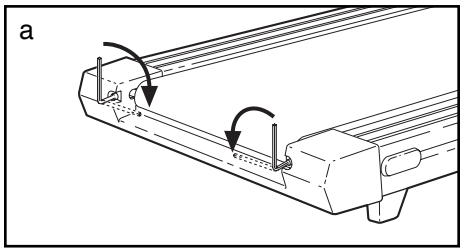
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may be permanently damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each side of the walking belt 3 to 4 inches off the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



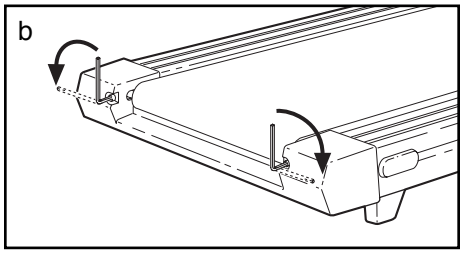
c. If the walking belt still slows when walked on, please call our toll-free HELPLINE.

6. SYMPTOM: The walking belt is off-center

a. If the walking belt has shifted to the left, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn the left rear roller adjustment bolt clockwise, and the right bolt counterclockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is centered.

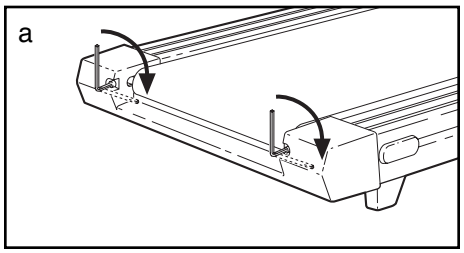


b. If the walking belt has shifted to the right, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn the left rear roller adjustment bolt counterclockwise, and the right bolt clockwise, 1/4 of a turn each. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key and run the treadmill for a few minutes. Repeat until the walking belt is centered.



7. SYMPTOM: The walking belt slips when walked on

a. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD**. Using the allen wrench, turn both rear roller adjustment bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 3 to 4 inches off the walking platform. Be careful to keep the walking belt centered. Plug in the power cord, insert the key and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



CONDITIONING GUIDELINES

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

The following guidelines will help you to plan your exercise program. For more information about exercise, consult your physician or obtain a reputable book.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart at the bottom of this page shows recommended heart rates for fat burning and aerobic exercise.

To find the proper heart rate for you, first find your age at the top of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers below your age. The three numbers define your "training zone." The lowest two numbers are recommended heart rates for fat burning, and the highest number is the recommended heart rate for aerobic exercise.

Fat Burning

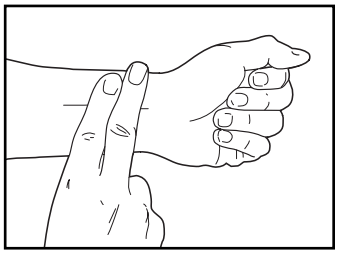
To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible carbohydrate calories for energy. Only after the first few minutes does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the speed and incline of the treadmill until your heart rate is near the lowest number in your training zone.

For maximum fat burning, adjust the speed and incline until your heart rate is near the middle number in your training zone.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the speed and incline until your heart rate is near the highest number in your training zone.

HOW TO MEASURE YOU HEART RATE



To measure your heart rate, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and multiply the result by ten to find your heart rate. (A six-second count is used because your heart rate drops quickly when you stop exercising.) If your heart rate is too high or too low, adjust the speed or incline of the treadmill accordingly.

WORKOUT GUIDELINES

Each workout should include three parts: (1) a warm-up, (2) training zone exercise, and (3) a cool-down.

Warming Up

Begin each workout with five to ten minutes of stretching and light exercise to warm up. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise.

Training Zone Exercise

After warming up, increase the intensity of your exercise until your heart rate is in your training zone for 20 to 30 minutes. Breathe regularly and deeply as you exercise—never hold your breath.

AGE	20	30	40	50	60	70	80
FAT BURN	125	120	115	110	105	95	90
MAX BURN	145	138	130	125	118	110	103
AEROBIC	165	155	145	140	130	125	115

Cooling Down

End each workout with five to ten minutes of stretching to cool down. This will develop muscle flexibility and will help to prevent post-exercise problems.

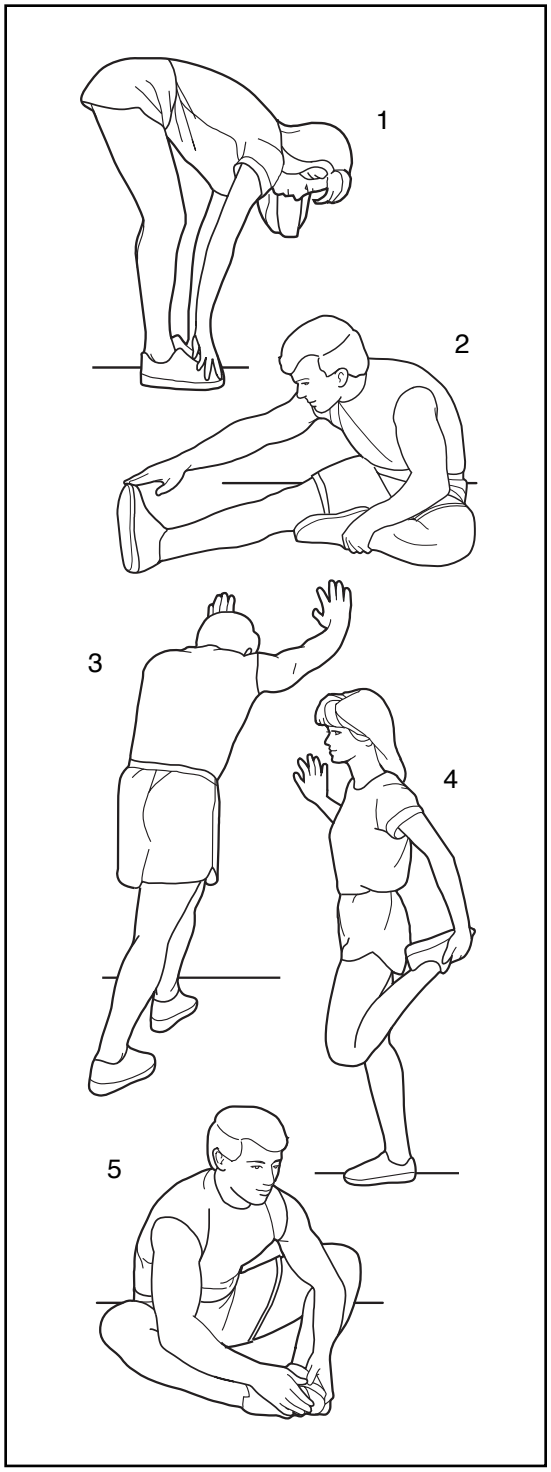
Exercise Frequency

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months, you may complete up to five workouts each week if desired.

The key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown in the drawings at the right. Move slowly as you stretch—never bounce.



1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for both legs. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for both legs. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.

PART LIST—Model No. 831.298300

To identify parts listed below, refer to the EXPLODED DRAWING attached in the center of this manual.

Key No.	Qty.	Description
1	2	Center Track
2	2	Foot Rail
3	1	Left Foot Rail Cap
4	1	Front Roller Adjustment Nut
5	4	Isolator
6	4	Bumper
7	4	Platform Screw
8	1	Walking Platform
9	2	Frame Pivot Bolt
10	2	Frame Pivot Spacer
11	1	Walking Belt
12	1	Front Roller/Pulley
13	16	Small Screw
14	1	Motor Belt
15	1	Upright/Base
16	1	Incline Frame
17	1	Hood Bracket (long)
18	3	Bracket Clip
19	1	50” Power Wire Harness
20	1	Motor Tension Spacer
21	8	Nut
22	1	Lift Motor Shield
23	2	Incline Motor Bolt
24	1	Allen Wrench
25	1	Incline Motor
26	1	Reed Switch
27	4	Jack Screw
28	1	Upright Ground Screw
29	0	Not Used
30	2	Wheel Bolt
31	2	Front Wheel
32	2	Hood Bracket (short)
33	4	Motor Nut
34	1	Pulley/Flywheel/Fan
35	1	Motor
36	4	Motor Bolt
37	4	Motor Isolator
38	1	Motor Tension Bolt
39	1	Motor Tension Nut
40	2	Incline Pivot Bolt
41	1	Motor Hood
42	1	Incline Motor Shield
43	2	Incline Pivot Washer
44	3	Adj. Washer
45*	1	Motor/Pulley/Fly./Fan
46	1	Front Roller Adj. Bolt
47	1	Transformer
48	1	Electronics Bracket
49	1	Controller
50	1	Electronics Shield
51	1	Power Supply
52	4	Plastic Stand-off
53	1	Power Cord
54	1	Grommet
55	1	On/Off Switch
56	1	Circuit Breaker
57	1	Outlet Bracket
58	2	Endcap Spacer
59	2	Belt Guide
60	1	Shock
61	1	Front Belly Pan
62	1	Right Foot Rail Cap
63	22	Plastic Fastener
64	1	Console Base
65	4	Front Cap Screw
66	1	Crossbar Handrail
67	2	Rear Isolator
68	1	Belly Pan
69	1	Warning Decal
70	4	Hood Screw
71	1	Key/Clip
72	2	Cap Screw
73	1	Rear Endcap
74**	1	Optional Speaker Kit
75	10	Bumper Screw/Belly Pan Screw
76	2	Rear Roller Adj. Bolt
77	2	Caution Decal
78	1	Latch Decal
79	1	Frame
80	4	Rear Deck Screw
81	1	Console
82	1	Latch Catch
83	1	Rear Roller
84	1	Console Spring
85	2	Cable Tie
86	11	Cable Tie Screw/Shield Screw
87	2	Cable Tie Clamp
88	2	8” Cable Tie
89	5	4” Cable Tie
90	1	Upright Wire Harness
91	2	Handrail Foam
92	1	Lock Knob
93	1	Lock Knob Sleeve
94	1	Spring
95	1	Lock Pin Collar
96	1	Pin Clip
97	1	Lock Pin
98	1	CD Console
99	1	CD Player
100	4	CD Fastener
101	1	CD Plate
102	2	Rear Endcap Spacer

Key No.	Qty.	Description
103	4	CD Isolator
104	10	Console Fastener
105	4	Upright Endcap
106	1	Upright Grommet
107	1	Magnet
108	1	Console Base Back
109*	1	Console Assembly
110	1	Reed Switch Clip
111	1	Incline Motor Spacer
112	1	Optic Disk
113	1	Optic Switch Nut
114	2	Optic Switch Washer
115	1	Optic Switch Bolt
116	1	Optic Switch
117	2	2lbs. Hand Weight
118	2	Roller Guard
119	1	Head Phone
120	2	Rear Foot
121	1	Ground Wire
122	1	Ground Wire Screw
123	1	Incline Stop Bracket
124	2	Crossbar Bolt
125	1	26” Wire Harness
126	1	19” Stereo Wire Harness
127	1	20” Wire Harness
128	1	60” Optic Incline Wire
129	1	Rhythm Mix CD
130	8	Isolator Screw
131	1	Motor Isolator
132	1	Filter
133	1	90” Wire Harness
134	1	4” Wire Harness
135	2	Crossbar Washer
136	2	Crossbar Plastic Washer
137	1	Console Plate
138	4	Console Plate Screw
139	6	3/4” Console Screw
140	2	Motor Tension Bushing
#	1	14” White Wire, 2 F
#	1	4” White Wire, M/F
#	1	6” White Wire, 2 F/M
#	1	8” Blue Wire, 2 F
#	1	6” Blue Wire, 2 F
#	1	4” Wire Harness
#	1	6” Green Wire, 2 Ring
#	1	8” Green Wire, F/Ring
#	1	4” Black/White Wire
#	1	User's Manual

These parts are not illustrated

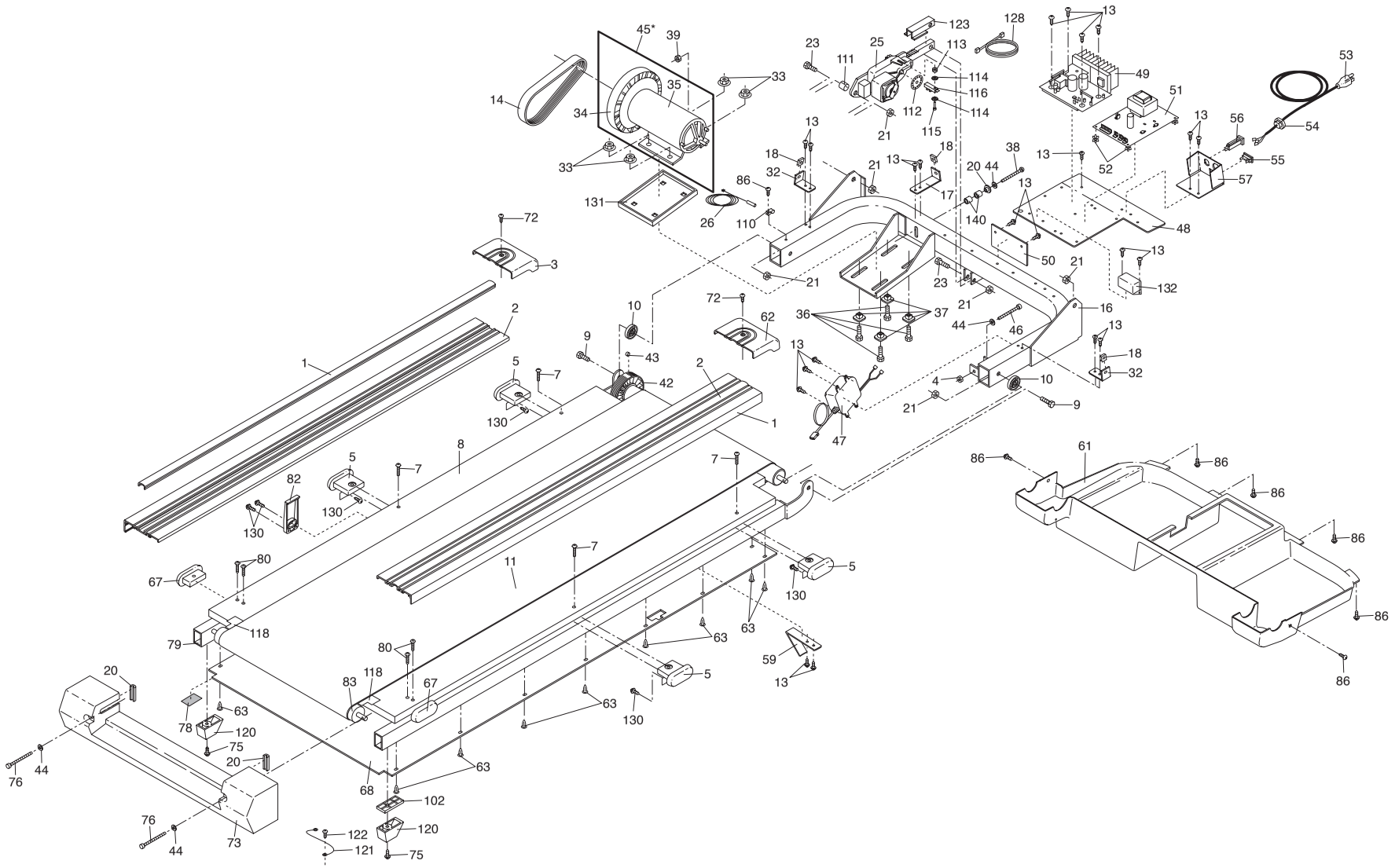
* Includes all parts shown in the box

** For more information about the optional speaker kit, see page 12.

Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual.

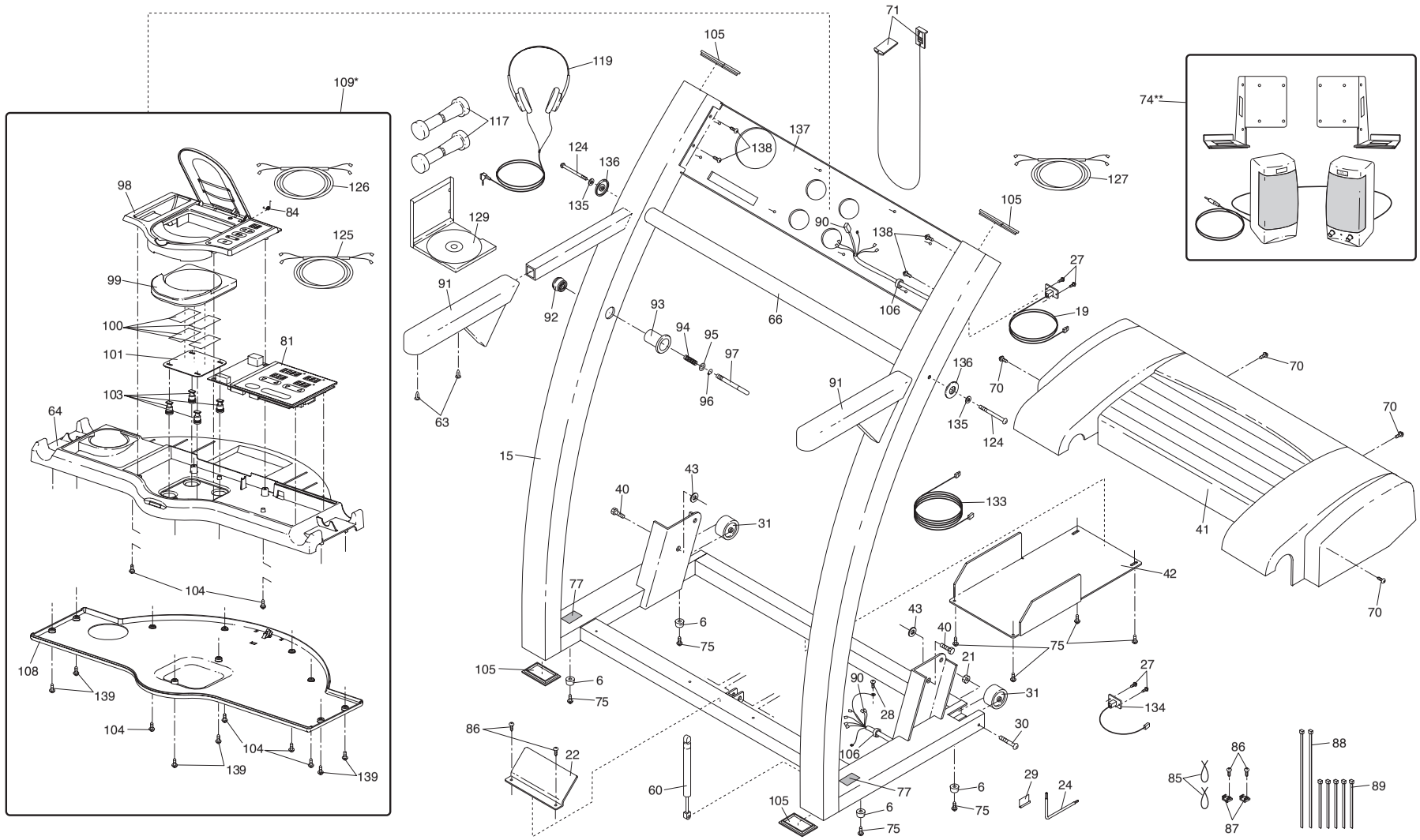
EXPLODED DRAWING—Model No. 831.298300

R0599A



EXPLODED DRAWING—Model No. 831.298300

R0599A



SEARS

Model No. 831.298300

QUESTIONS?

If you find that:

- **you need help assembling or operating the PROFORM® 985 CD treadmill treadmill**
- **a part is missing**
- **or you need to schedule repair service**

call our toll-free HELPLINE

1-800-736-6879

Monday–Saturday, 7 am–7 pm Central Time (excluding holidays)

REPLACEMENT PARTS

If parts become worn and need to be replaced, call the following toll-free number

1-800-FON-PART (1-800-366-7278)

The model number and serial number of your PROFORM® 985 CD treadmill are listed on a decal attached to the frame. See the front cover of this manual to find the location of the decal.

All replacement parts are available for immediate purchase or special order when you visit your nearest SEARS Service Center. To request service or to order parts by telephone, call the toll-free numbers listed at the left.

When requesting help or service, or ordering parts, please be prepared to provide the following information:

- The NAME OF THE PRODUCT (PROFORM® 985 CD treadmill)
- The MODEL NUMBER OF THE PRODUCT (831.298300)
- The KEY NUMBER AND DESCRIPTION OF THE PART (see the PART LIST on pages 18 and 19 and the EXPLODED DRAWING attached in the center of this manual).

FULL 90 DAY WARRANTY

For 90 days from the date of purchase, if failure occurs due to defect in material or workmanship in this SEARS TREADMILL EXERCISER, contact the nearest SEARS Service Center throughout the United States and SEARS will repair or replace the TREADMILL EXERCISER, free of charge.

This warranty does not apply when the TREADMILL EXERCISER is used commercially or for rental purposes.

This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

SEARS, ROEBUCK AND CO., DEPT. 817WA, HOFFMAN ESTATES, IL 60179

Part No. 152039 J00026AC R0599A

Printed in USA © 1999 Sears, Roebuck and Co.